



simple syrup

## CHACHAI



- 1 C. raw sugar\*
- 1 C. water
- 1/2 tsp. vanilla extract
- 1-2 whole allspice berries
- 5 drops chai blend

\*May substitute with Honey or Maple Syrup.



simple syrup

## LEMON BASIL



- 1 C. raw sugar
- 1 C. water
- 5-10 drops YL vitality lemon
- 1 drop YL vitality basil

Combine sugar & water in sauce pan and simmer for about 5 minutes. Let cool completely, and add essential oils.

\*May substitute with Honey or Maple Syrup.



simple syrup

## PEPPERMINT CREAM



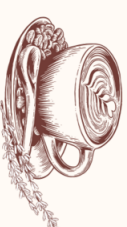
- 1 C. raw sugar\*
- 1 C. water
- 1/2 tsp. vanilla extract
- 5-10 drops YL Vitality peppermint

\*May substitute with Honey or Maple Syrup.



simple syrup

## LONDON FOG



- 1 C. raw sugar
- 1 C. water
- 5 drops YL vitality bergamot
- 1 drop YL vitality lavender

\*May substitute with Honey or Maple Syrup



Scan to  
get  
Oils!

Combine sugar and water in  
saucepan and simmer for about  
5 minutes. Let cool completely,  
and add essential oils. Use in  
coffee, tea, hot cocoa, or to  
make a Peppermint Latte (recipe  
on website).



**Chai Blend**  
6 drops cinnamon  
2 drops cardamom  
2 drops ginger  
1 drop clove  
1 drop nutmeg



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Combine sugar, water, and  
berries in saucepan and simmer  
for about 5 minutes. Scoop out  
berries & let cool completely,  
and add essential oils. Use in  
coffee, tea, hot cocoa, or to  
make a Chai Latte (latte recipe  
on website).



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Oils!

Combine sugar and water in  
saucepan and simmer for about  
5 minutes. Let cool  
completely, and add essential  
oils. Use in coffee, tea, hot  
cocoa, or to make a London Fog  
Latte,

(latte recipe on website).



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Oils!

Combine sugar\* and water  
in sauce pan and simmer  
for about 5 minutes. Let  
cool completely, and add  
essential oils. Add to  
lemonade, mixed drinks,  
carbonated water, or use  
to make Italian Sodas,

\*May substitute with Honey or Maple Syrup.